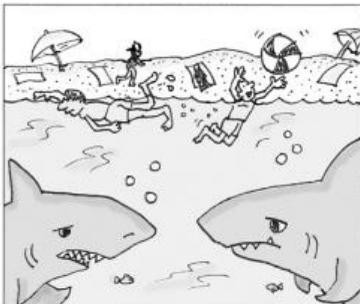


news & notes

OVERWEIGHT FACTS

You may not be worried about a few pounds, but consider the facts about being overweight:

1. According to the National Institutes of Health (NIH), being overweight can have serious health consequences. A couple of extra pounds isn't a matter for concern, but gaining a couple of pounds a year is.
2. Once you're 15 or 20 pounds overweight, the effects of carrying those extra pounds kicks in.
3. If you're more than 30 pounds overweight, you could be looking at serious, long-term health effects.
4. Health experts say that excess body fat leads to a higher risk for type 2 diabetes, heart disease, high blood pressure, stroke, high cholesterol, respiratory dysfunction, certain cancers, and other health problems.



"Oh yeah, every darn summer, I start packing on the pounds..."



September 2013

Summer weight gain?

Here's how to take it off

Did you enjoy your summer with lots of barbecues, pot luck picnics, ice cream runs, movie snacks, and more food-related activities? In other words, did you take a vacation from healthy eating and perhaps put on some pounds?

The formula for getting back to and maintaining a healthy weight is simple:

Healthy Weight = Good Nutrition + Calorie Control + Exercise.

- **Good nutrition** means eating a balanced diet that includes all food groups.
- **Calorie control** means eating between 1,500 and 2,000 calories a day, depending on age, sex, and level of physical activity.
- 30 to 45 minutes of **exercise** 3 to 5 times a week is also required.

To lose weight, follow a sensible and safe weight-reduction program. If you are overweight, a loss of just 5 percent to 15 percent of your current weight can improve your health and prevent disease. Health experts recommend slow and steady weight loss over crash diets. A 5 percent to 10 percent reduction in body weight over 6 months is a sensible weight loss goal. One-half to 2 pounds per week is a safe rate of weight loss.

If you follow a sensible weight loss plan, you are more likely to keep the weight off permanently. To lose weight:

- Cut calorie intake (for example, cutting 500 calories a day will result in a weight loss of about 1 pound per week).
- Reduce fat and sugar consumption.
- Increase physical activity.

Good nutrition is an essential part of maintaining a healthy weight. Nutritionists say that to maintain a healthy weight:

- **About 45 percent to 65 percent of your calorie intake should come from carbohydrates.** Vegetables, fruits, and grains are high in nutrition and low in calories that contribute to weight gain.
- **About 10 percent to 35 percent of daily calories should come from protein,** such as lean meat, fish, poultry, and dairy products (beans and tofu are also good sources of protein).
- **No more than 10 percent of your daily calories should be from fat,** and most of the fat you consume should be unsaturated rather than saturated fat.
- **Avoid food and beverages with added sugar,** since these are empty calories that provide no nutrition.

news & notes

DISTRACTED WALKING

Ohio State University Professor Jack Nusar's research revealed that more than 1,500 people were estimated to be treated in emergency rooms in 2010 for injuries related to using a cell phone while walking.

"If current trends continue, I wouldn't be surprised if the number of injuries to pedestrians caused by cell phones doubles again between 2010 and 2015," Nusar states. He believes the numbers could actually be quite a bit higher. If the pedestrian numbers are underreported, as is likely the case for drivers, there may have been about 2 million pedestrian injuries related to mobile phones in 2010, the year Nusar studied.

"Stop walking when you're going to take a cell phone call or text. Don't do two things at once," advised Nusar.

His study offered details about some of the accidents. In one, a 28-year-old man walked into a pole and cut his head. Another man suffered a sprained elbow and spinal sprain when he was hit by a car while on the phone.



Prevent workplace violence

What you can do

Employers do everything they can to prevent workplace violence. And you're a big part of their plan. So:

- **Follow the organization's security procedures.**
- **Take threatening behavior or words seriously** and report them.
- **Be alert for signs of potential violent behavior** from people who:
 - Use intimidation often in their interactions with others,
 - Are frequently angry and use abusive language,
 - Believe others are out to get them or blame others for problems, *and*
 - Talk a lot about weapons.
- **Report all violent incidents;** don't cover up for someone you know.
- **Deal calmly and respectfully with angry people,** and try to defuse tension.
- **Don't argue or raise your voice with a potentially violent person,** and don't respond to threats with a threat.
- **Focus on the problem or behavior,** not the person.
- **Arrange a danger signal with coworkers** to warn of potential violence.
- **If a situation starts to get out of hand, call your supervisor,** security, or the police.
- **Be especially careful when working late or alone** and when you're in elevators, restrooms, or other isolated places.
- **Park your car in a well-lit area,** check it before unlocking, and lock it as soon as you are inside.

Home security

Protect your home and family

You and your employer take steps to maintain security in the workplace. You need to take steps to keep your home secure as well. Here are some do's and don't's:

DO:

- Install deadbolts in all doors to the outside.
- Secure sliders with locks or a piece of wood wedged in the track.
- Lock windows when out of the house.
- Trim shrubs and trees away from the house to make windows and doors more visible from the street and to prevent access to second-floor windows.
- Light the property well at night.
- Get together with neighbors to maintain a neighborhood watch.
- Check through a peephole or viewer to identify people who come to the door.

DON'T

- Don't open doors to strangers without proper identification.
- Don't hide keys outside.
- Don't put home address on key chains in case keys are lost and fall into the wrong hands.
- Don't leave house keys on the same chain with car keys when car is left with parking attendants.
- Don't rely on door chains alone.